Finding the silence within yourself is bliss.

Finding yourself beyond this silence is liberation.

Translate Download

Acorns gold

As trees eat light, the sun awakens the forest.

A sunbeam is intercepted by an oak leaf.

Light has taken root in earth's darkness.

A caterpillar eats from oak leaves. The sun eagerly anticipates its first flight.

Acorns filled with gold fatten wild boar.

Some acorns stay and become trees, others grow four legs in spring, and become joyful piglets.

A butterfly lays its eggs on the oak bark. The sun silently anticipates its return.

Late summer showers bless the earth and form into golden rivers.

The light of the brightest star runs through all veins. And the trees of the forest stand as monuments among the stars.

You fall in love. With someone. Or maybe you fall in love with nature. You might even contemplate distant stars.

But have you really touched the center of it all? Or are you just rotating on the outer rim of the galaxy?

Have you actually fully grasped how insane it is that you exist? That anything exists at all?

Or do you keep forgetting and rationalizing the mystery away, overlooking the living truth: breath moving through you, your hand alight with presence, here, now.

We have to remind ourselves to slow down.

Stop.

Recognize existence.

Observe as all is happening by itself, as you are happening by itself.

Once you've tasted 'the now', you'll return to it again and again. Like a bee that has tasted nectar, the flower petals are no distraction but a sign.

Not a single passing thought can distract you from the flow of nectar. This moment is eternal.

And when the mystery of existence finally has you, the mystery will finally release you. You will not return. Only the mystery remains.

You meditate, and observe. Observe very closely.

It will be noticed: you are not thinking the thoughts. You are not moving the body. You are not pumping the heart.

The "you" that you have taken yourself to be is not doing any of these things.

All this "me" has ever done is claim ownership – imagination itself imagines that it is the owner of imagination, claiming to be the separate entity called "I".

See this clearly: the imagined self never did any of the things it claims as its own.

Then what actually pumps the heart?

All things exist in the Imagination, including ‘myself’. See if you can pinpoint the thinker before a thought appears and if not That in which imagination appears reveals itself.

Observe.

What is aware that observing happens, yet is never caught in it?

(Painting: "The Cosmic Cocoon”)

The cycle can be broken, the cyclical nature cannot.

While specific, recurring, and often negative patterns (the "cycle") can be interrupted and transformed, the underlying, inherent tendency for life to move in cycles (the "cyclical nature") is permanent.

Due to the nature of worldly existence, it is unlikely that all of humanity will become nonviolent. But any individual can break the cycle of violence within themselves by cultivating compassion and wisdom.

Just when the caterpillar thought the world was over, it became a butterfly.

The belief in a separate 'soul' that travels from life to life exists only within the mind's construction of time. In true, direct experience, everything takes place in the "now" of pure Awareness.

While past-life experiences and the sense of being a 'soul' may feel real, they are essentially memories and concepts within a dream. They have no existence outside of current consciousness. Focusing on these experiences or the idea of a personal soul is less important than recognizing one's essential nature as Being or Awareness, which is timeless, without beginning or end, and unaffected by birth or death.

If you are looking to change the world, or become a better ‘you’, you do you.

But if there is genuine interest in truth and nothing but the truth, start here: investigate the validity of the ‘I’-thought. Because the moment you perceive someone as "the other," violence has already begun.

Violence is not out there in the world. It starts with misidentification with the ‘I’-thought, misunderstanding the fundamental reality of existence, which is pure Beingness without beginning or end.

(Painting: "The Empty Dreampod Epic”)

Biological evolution is a very small component within the much larger framework of Celestial evolution - the formation of stars, planets, and galaxies.

Celestial evolution creates atoms through nuclear processes in stars; when these atoms bond, molecules form. Molecules interact and self-organize in simple replicating systems (RNA).

From these replicating systems, single-celled organisms - cells with membranes and basic 'memory' (like response patterns) appear. 'Memory' - a simple map of

"what works" for survival - helps the cell adapt and react.

More complex memory (spatial, associative) evolved over time in living systems. This eventually gave rise to 'thought' as an extension of memory. 'Thought' developed into more complex forms of learning, planning and adapting.

The appearance of memory, its increasing complexity, and the development of 'thought' as an attribute of this memory are, evolutionarily speaking, the tools for survival, which have driven species diversity.

Cosmic Consciousness spirals outwards like a fractal into the species diversity we see today and will continue to shape and maintain this grandiosity, but on planet Earth, it has long since reached its full potential.

The next step in the evolution of Consciousness is an inward spiral of receiving and integrating the great cosmic law.

Self-Inquiry leads to the insight that the 'I'-thought arises within thought, that thought is an attribute of memory and meditation will reveal that memory is ‘location’ arising within Awareness.

The I-thought is a false construct, and memory is a biological process arising from the source of the cosmos. Awareness (commonly referred to as Consciousness) is the source of all experience.

There are these biological processes but underneath the surface there are no separate selves, there is no ego and there are no souls.

The ‘dreampod’ is empty, there is only infinite Awareness - a dream without a dreamer - the greatest epic in existence.

(Part II)

The universe at its core is pure Awareness - the timeless witness, which exists before, during, and after biological evolution.

The universe is Awareness, and becomes conscious that it is aware through the process of biological evolution. Consciousness is an emerging property, a specific mode within Awareness.

Biological evolution introduces memory within Celestial evolution. Memory lies at the basis of experience and the development of Consciousness.

You can deconstruct the layers of evolutionary adaptations one by one rationally, and arrive at the point where Awareness becomes self-aware (the universe becoming conscious of itself).

These sequential layers apply not only to biological evolution as a whole (from single-cell organisms with basic memory response to more complex organisms where 'thought' developed for survival-oriented problem-solving), but these layers are also stacked within the human psyche.

It is possible to not only deconstruct these layers rationally, but also to transcend them by going meta - stepping into direct Awareness. (Going beyond the rational doesn't imply going pre-rational; it means going post-rational, requiring a certain degree of rationality to transcend into a deeper realm of knowing and understanding.)

Methods include: meditation, contemplation, and self-inquiry. Observation should begin with the observing of the latest addition to biological evolution: thought.

In order to deconstruct consciousness correctly one has to face the false assumption we make about ‘thought’, which is preventing us from investigating and understanding the deeper layers correctly.

It is necessary to be open and honest when it comes to observing what thought actually is. For a deeper inquiry it requires seeing through the illusion of a separate 'I' - the ‘thinker/experiencer/doer’ which is a construct of fragmented mind, rooted in identification with thought.

(Painting: "AuraGold")

The individual soul is an illusion. That it incarnates in a body, carries karma, has past lives, or goes to heaven or hell are mere superstitions.

The individual soul is the exaggerated version of the separate identity born out of misidentification with the I-thought. The goal of realization is to let go of this delusion.

A baby is born without an individual soul; a baby is pure, inseparable soul. There are no separate, unique souls incarnating in a body.

It is the personality that makes the expression of pure soul stand out as unique. But you are not born with a personality; personality is the expression of the accumulation of stored memories, and thought is the reflection of memory.

Yet, we mistake the unique expression of personality for 'me', through identification with the I-thought. The I-thought is false, and the separate soul is the exaggerated version of this false identity.

We imagine that this separate 'me' must then also have its own separate soul beyond the body. In fact, there is soul beyond the body, but because we have identified with the body first, we now imagine that we are a separate identity with its own unique soul that exists beyond the body.

The belief in a separate soul is a deeply ingrained assumption in culture and religion, throughout all times it has been the central focus point in the story of humanity.

This separate soul is a misconception, the most misunderstood concept in all of existence.

There is only one infinite soul, and the universe is its body. There is no separation, only misidentification with the I-thought and the stubbornness to let it go.

When we gaze into the depths of each other's eyes, is there a recognition of something we already deeply know? - An echo of the same, that looks through all, but claims no name...

As we lose ourselves in each other's eyes, what do we find being reflected back? Is it you I see, or am I looking at myself, looking at me?

Many people say that all is one, but few realize that fundamentally, this is true because the ‘I-thought' is false.

Even when there is misidentification with the ‘I-thought’, the oneness of everything can be recognized, but then it won't be understood, and clinging to dualistic ideas will remain.

By recognizing the ‘I-thought’ as false, one can move beyond the dualistic concept of a ‘personal soul’ and realize the source of it all.

(Painting: "Cosmic Lotus")

What you believe determines how you experience existence. This is what karma truly is: it's how you experience this moment, filtered through the beliefs you choose to hold on to. You can change your beliefs at any moment, and thus change the karma you experience.

It is even possible to break with karma completely, and step into pure Awareness, untouched by cause and effect. In that spacious now, the cycle ends, and the flower of existence blooms, unfiltered and without end.

Could it be that a thought does not appear to an individual 'thinker' but to a universal Awareness?

Thought appears, but is there a 'thinker' separate from thought, who is ‘thinking’ the thought?

Or is the 'thinker' perhaps an imaginary identity, which itself is merely the illusory creation of thought?

The you that does not exist is the 'thinker'.

Thought appears, but there is no separate thinker from thought.

The ‘thinker’ is an imaginary division in thought.

The thinker is just a thought.

What is a thought?

Don't think about this question, just observe.

(Painting: "Sol Immersion")

Find the courage to let go of it all, have the heart to embrace it all.

Don't be afraid, for I'm already filled with love. Let go, I am already free.

Would you rather embrace the universe with your heart or have the universe's love reflected back through a single being?

Do you think it's possible to transcend the limitations of thought and experience reality directly?

(Painting: "No Beginning")

The world is an illusion, yet experience is very real. What makes it an illusion is whether or not there is identification with experience.

Notice how this illusion of separation takes place as awareness watches the 'I'-thought arise.

Can you recognize that the 'I'-thought is only the illusion of separation that has arisen within the appearance of thought itself?

With the 'I'-thought, the world appears and disappears. This is an illusion, but it is the most profound illusion in existence.

Can you recognize that the 'I'-thought has arisen within the appearance of thought itself?

(Painting: "Lotus in Muddy water")

Finding the silence within yourself is Bliss. Finding yourself beyond this silence is liberation.

On the surface there is the kind of silence that is perceived, but underneath there is a silence which is aware of this silence. This silence, the silence beyond the silence, is you.

I behold the universe without me in it, for the ‘I’ that is awareness is the universe aware of itself.

Awareness is fundamental and unchanging, while thoughts, memories, and the concept of a "thinker" are secondary and derivative.

The 'thinker' is non-existent, a by-product of thought. Our sense of self is a conceptual construct, rather than a fixed, inherent reality.

We are not separate: All distinctions are ultimately dissolved in the absolute. The notion of individual souls, is a temporary, conventional truth, rather than an ultimate reality.

(Painting "Oculus Uni-versum")

Awareness is unlocalized and timeless, it is the space in which memory appears.

Memory is the appearance of location and time and in response to memory there is thought.

The 'thinker' is a non-existent by-product of thought.

'I' refers to that which is prior to and independent of memory, i.e. Awareness

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He who stabilizes as the knowledge ‘I am’, will ultimately transcend it. He who is infinitely Aware, meaning he who remains fully Aware even while the message 'I am' has disappeared on him, just as a dream dissolves into dreamless sleep, so too is he Aware when the message 'I am' dawns upon him. He is the Awakened One.

Don’t be blinded by the way your mind functions, and whether you believe or wish it should function differently. Let the mind do the things that belong to the mind and it will work just fine. Without having to worry about it, the mind gives the organism the best possible chance of survival, as it is meant to do. It will function as the gatekeeper of homeostasis, both within the body and in symbiosis with the Cosmic whole.

Also, don't be bothered or distracted by the mind's narrative commentaries. By judging your thoughts, you take on a victim role which then reinforces the false sense of separation. By judging other people's minds, you take on the role of the persecutor. And by viewing the world with judgment, you may very well end up developing a hero complex.

These are outwardly directed attitudes caused by misunderstanding the nature of the mind, and unless the orientation shifts inward, there will be no peace, but mental disharmony arising from ignorance.

In order to be non-judgmental toward the world, one must first face one's own mind. One who does not judge the mind will ultimately transcend the world.

It is certainly possible to tweak the programs in the mind here and there to make the experience more pleasant. It is even possible to implement entirely new programs to replace old ones with new programming. But that is what is going on anyway as far as the fluid nature of the mind is concerned. The mind is changeful by nature. However, besides this changefulness, there is

a hidden feature that resides in humanity, namely the ability to Transform.

And to actually transform the mind has nothing to do with changing the mind. Transformation of mind occurs by surrendering the mind completely. It can not happen through 'willpower' but only by breaking free from 'the illusion of free will', which until then had presented itself as separateness within the wholeness of a fragmented mind.

All beings are destined to grow toward higher levels of understanding, but only Beingness itself is destined to transcend beyond understanding.

The path of transcendence is the path of letting go of resistance. Clinging to the fascination for thought is resistance, trying to keep thought at bay is also resistance. Remain effortless because to transcend understanding is in fact effortless. Once the effort to maintain a narrow focus on the storytelling-mind is given up by completely breaking with the fascination and interest in thought, then the clear light beyond the 'mind cloud' comes into view.

All-encompassing transformation is by no means a change brought about by a sharpened mind. It is the softening of mind that will eventually give way for recognition of one's authentic self. And so the possibility of transformation is not one of change, but of recognition, and the 'act' of transformation is initiated by simply stabilizing as the observing presence that has been recognized.

Slowly but surely it will become clear that individuality is but a dream, for separation is an imaginary split within the mind. Within the god-mind to be precise, which though endowed with enchanting imagination, is but one undivided whole. What was previously considered a separate individual 'I' is in fact the imagination of the omnipresent field of consciousness at play by identifying itself with the appearance of memory, and thus tricking itself into the hallucinatory experience of 'individuality' through the mechanism of splitting off an separate ego-Self from the god-Self.

This split-off self is in reality non-existent, there is but the godself. ‘I the thinker' is but a thought, there is no thinker. And even if one were to inquire whether there might be an ‘Experiencer’ (of thought), it would show that there is no experiencer either. Then only the universal field of experiencing Consciousness will remain as the inseparable god-self, for beyond the veil of separation is the real authentic I.

I am the light that illuminates all. Desire nothing but to know me, and I will slowly but surely evaporate the thin mist of separation in the mind. I am the light beyond the veil of ignorance. Seek nothing, do not even seek me, so that I may truly know myself at last

When the mind has become transparent, it will no longer interfere with God-consciousness in a hallucinatory-egocentric way. In fact, the mind will become subservient to God-consciousness in such a way that it can only serve as a pure and clear mirror of undivided holiness, which in turn reveals God-consciousness as in fact identical with infinite mind.

This inseparable universal-field of experiencing consciousness is simply known as ‘I’, and he who stabilizes as the knowledge ‘I am’ will ultimately transcend it. For the ultimate reality is not ‘I’ but beyond the I..

Because see, through what we called transformation of the mind, we stabilized as ‘I’ the authentic self, but now we are confronted with the fact that the authentic I which is experiencing consciousness, disappears spontaneously by alternating between experiencing and non-experiencing. And so there must be something which is not only Aware of experience but also of the absence of experience, something which exists beyond experience and therefore cannot be known by experiencing Consciousness.

So the authentic I cannot experience the ultimate I, but that is not how awakening works anyway since awakening is not an experience. It is not experienced by an illusionary non-existent ego, but neither by experiencing Consciousness. This is because Awareness,

which is the ultimate I, exists beyond experiencing consciousness, and **is** Aware of how experience appears in it.

And so by being Aware of how the phenomenon of experience appears and disappears (this can be recognized in deep meditation (1) as ‘the infinite zero point’ where experience stops and thus where the message i am appears), one realizes that one is not Consciousness, but Awareness. Although Experiencing-consciousness is pure Bliss, it is the dream within Awareness. All is Awareness, Consciousness is Awareness, but you exist beyond Consciousness as Awareness.

Awareness is beyond Bliss, it is the 'I' beyond the ‘I’, which is eternally awake while it dreams itself into existence.

meditation (1) Do not search for the zero point in meditation, but begin by searching for the 'I'. When the I-thought is seen as untrue, the zero point will soon after reveal itself.

The separate individual 'I' seems real but exists only as an illusion, a play that the universal field of consciousness plays out with itself.

Even after awakening, that illusion continues, it is the function and the dynamics of consciousness, however, this illusion can never again be taken for truth.

Let go, until all doubt has dissolved. Let go of everything, and simply know. Illuminate the mind's veil of separation, so doubt's roots wither, never to arise again.

As we observe, a subtle shift unfolds.

Attention once consumed by thoughts now gently shifts to the breath.

Reaching the serenity of peaceful breathing wasn't easy; we navigated numerous challenges. Yet, one final hurdle remains: releasing focus completely.

Having traversed many shifts, we've arrived at this threshold. Take one last, deep breath, and let go of attention entirely.

Fragmented Consciousness is illusion. Centered Consciousness is truth. Non localized Consciousness is omniscient. Awareness is absolute.

The sense of connectedness is merely a consequence of the belief in the idea of separateness.

The belief in separate identity is rooted in the accumulation of memory and is reinforced and maintained by thought that glorifies it, thus casting an overshadowing illusion over pure Beingness.

There is no mind separate from memory, and reality is only the present.

Here and now, the mind becomes completely transparent, here and now, the mind does not exist.

There is no further appeal to memory, and so I do not exist - I do not exist other than the supreme reality that I AM.

Awareness is omnipresent, perceiving both the absence and emergence of the universal field of consciousness as it unfolds.

Separateness is ignorance projected out. Oneness is understanding recognized within.

There is only one path: the inward path. Though it may seem that there are many paths, all outward paths are but the mirage-like obstacles of the inward path.

1. Desire is love in disguise, and it is this ignorance that holds the dream-like framework together.

Desire is dormant god-Consciousness, the veil that prevents love from recognizing itself.

2. Awareness is aware of itself, and direct knowingness is present here and now.

You already know yourself, for Awareness is aware of itself in this moment. Though you may identify with localized consciousness (memory), obscuring your true nature, direct knowingness remains present, aware of itself here and now

Ignorance is a temporary illusion, and remembrance is the timeless god-Self, your essence

3. Letting go of desire and the illusion of doership is essential for Self-knowledge.

Desire isn't inherently wrong; it's a fundamental mechanism for survival, holding the dream-like state framework together. However, without understanding its origin and essence, the infinite potential at life's source remains veiled, limited by a survival-mindset

Desire is essential for sentient beings, rooted in the fundamental drive to live. Yet, this desire sparks the illusion of doership, creating the sense of separateness. In this dynamic, God-consciousness orchestrates the dream-like matrix, weaving unity and diversity

To know the truth directly, one must let go of desire, ultimately letting go of the desire to live. This isn't about physical death, but about dissolving identification with the body. It's not about wanting to die, but about the dissolution of the separate self - the 'you' that's been imagined

With the death of the unreal, the unborn eternal truth remains. Letting go of the desire to live means letting go of the ego's grip on the illusion of control. Direct experience reveals the separate self as an imaginary division within thought

There's no thinker, no separate doer with a desire to live. Only the unborn, deathless essence exists. Realizing this is simple, yet challenging, for it requires letting go of attachment and the illusion of identification with memory and thought - a fundamental aspect of sentient being

4. The survival-mindset is necessary for life, but it's inferior to the Self-realized essence.

Though, anticipating based on memory, is an illusory dreamstates, yet they're essential for life to thrive. A survival-mindset is perfectly natural; nature and humanity function well with it, and there's nothing inherently 'wrong' with that.

You might think humanity's behavior toward itself, others, animals, and the environment is flawed. Yet, this perspective stems from the survival-mind-matrix, the same essential framework driving humanity's actions. In essence, there's nothing inherently wrong.

5. Awakening transcends right and wrong, and compassion arises from a deeper recognition.

Upon awakening from the dream-state matrix, right and wrong dissolve. Yet, actions that once seemed wrong, causing unnecessary suffering, are naturally avoided, guided by a deeper, intuitive recognition beyond reason.

The rational debate over right and wrong pales in comparison to the Self-realized essence, which embodies pure compassion. As long as right and wrong dominate your perception, you're trapped in a dreamstate nightmare, a prison of the mind, yearning to awaken

The mind isn't you; you're the awareness beyond it, the absolute essence of eternal bliss and limitless freedom. If you're still reading, perhaps it's time to end the suffering caused by this self-imposed delusion.

The core message is that infinite potential, the source of life, encompasses endless possibilities, including the possibility of self-discovery. Self-knowledge isn't necessary for life to thrive, but it's a potential within the infinite possibilities. It's not an achievement or ultimate goal, just one of many possibilities

All other forms of self-knowledge are mere masks of the divine, expressing its love for infinite being. By transcending desire, suffering's end is near, for suffering is an illusion born of desire itself

Let go of ignorance, and true Self-knowledge will dawn. I am one, eternally free.

The Awakened one transcends experience.

To go beyond memory, understand thought first.

Observe thought without interest or attachment to its content. When the Observer has become a steady center, identification ceases.

Desire, the imaginary separation between thinker and thought, dissolves, revealing the Observer and observed as one.

Desireless observing becomes a silence wherein thought no longer arises. May this silence guide you beyond the observer, into true Awakening.

It is now, even before it all began, that the Supreme picked up his magical Gourd with but a glance of an eye.

The Gourd is beyond ancient, just a fragile shell with some dried seeds inside. Then the Supreme blew through it. And in the darkness within the gourd's thin shell, and in each membrane of an infinite number of membranes within membranes, , a universe of Light began to dance.

Both hollow and yet full, the Gourd itself remained motionless, in Awareness of the eye Supreme. He Looked at it, , through all its infinite possibilities of interwoven facets, and He Saw how good it was. He blessed the cosmic Spirit, His undivided wholeness, holy and pure. For in that moment He Knew beyond doubt, oh so He Said: I AM the ultimate bliss!

and so shall it be.. Then the cosmic dance slowly began to fade away, as the Supreme closed his eye with a gentle smile.. This is where the 'I' (i.e. the 'All') began, and thus this is also where bliss comes to an end. Now nothing but Peace, the eternal and unshakable will remain, only for the magical Gourd to reappear in a glance of an eye.

I am the soil that nurtures the seed of existence. My roots extend through the cosmic expanse and my flowers bloom into eternity.

The 'knower' is an imaginary intervention in knowingness,
And its imaginary 'knowledge' is a diversion from omniscient awareness.

There is nothing to know outside of consciousness, for consciousness is all that is known.

Yet there is something beyond the known, which cannot be known but can be realized as 'the omniscient one', whose appearance is that of pure knowingness.

Does the world appear to 'you' upon waking up, or do 'I' and the world appear simultaneously? Can the 'world' or the 'I' appear independently of one another, or do they always appear together?

Upon further inquiry, one recognizes that 'I am' and the world appear simultaneously. For it is one and the same appearance.

Is there a day that is not 'Sun' day, or a night without starlight? Who dreams in heaven and finds himself awake in the cosmic play? And when both day and night are immersed in inner silence, what will remain of me other than '...'?

There is nothing after or before enlightenment. Knowledge is insufficient because it is blocking direct omniscience.

Enlightenment is the end of this illusion of knowledge. For what is this 'I' that thinks it knows?

Search for this illusory self; the thinker, or let go of the fascination with thought completely.

Both lead to perfect realization, also called ‘enlightenment'.

The one who knows himself, knows only the truth. The one who knows something other than himself, does not know even half the truth. For the one who is the truth knows no self separate from the truth.

I have given you the fruits of the earth that will nourish the body.

I have given you the capacity for compassion that will bring the mind to surrender.

and I have given you all that I am.

My love for you is the cosmic spark that will awaken the spirit within.

The essence of the mind is the Cosmic spirit, and the Cosmic spirit and the undivided mind are one.

The Cosmic spirit is the wholeness of being, and on the other side of the circle is nonbeing.

The Cosmic spirit, being and nonbeing are one.

The essence of the Cosmic spirit is beyond being and nonbeing.

The answer the mind seeks lies in the silence, in which the question arises. Any question is merely an open invitation to self-enquiry, because each question stands on the shoulders of an underlying assumption.

Question these assumptions, and follow the trail back to the original first assumption.

Either questions will lead to so called ‘answers’, or an inquiry is made into the source of the question, leading to liberation, which is the end of believing in the existence of a ‘questioner’.

There is no suffering, except for the illusion of a sufferer.

Suffering is resistance to acceptance.

And letting go of resistance is the beginning of the end of both the non-existent resister and thus the root of suffering.

He who resists will eventually obtain salvation, but only through death.

But he who comes to full acceptance and rediscovers his way back to the door, will then inevitably find salvation through life.

The heavenly garden is in front of the eye, and the eternal life looks through it.

The silence within is the point without end.

And when we attend to this inner silence, we will arrive at the same point. Anyone who attends to inner silence, ultimately arrives at the same point from which the Universe springs.

My silence is not a separate silence from yours.

It is essentially the same, the same universal truth.

The eternal presence that knows no beginning, to which there is no path, is the holy kingdom that knows no end.

The construct of separation within yourself is but a fantasy, perceived through the eye of Awareness.

Observing Awareness does not require the illusion of a separate observer.

Just by observing, it will become perfectly clear that separation never really existed.

The Cosmic self has no separate selves. The Cosmic self is your self.

By simply observing thought as it arises, there is no need at all to imagine that thought would come with a separate 'thinker'...

and when the thinker is no more. Observing Awareness is all that remains.

When the mind is stressed, it seeks love.

When the mind is in a flow, it is in love.

When the mind is still, I am love.

And when the 'I am' which is pure love, finally turns inward, it will dissolve into its source.

True freedom can never be acquired by the self. Freedom is being free from the necessity of believing and clinging to the idea of a self.

Who knows the silence and what's aware of these words?

What is aware of experience, aliveness?

What knows your thoughts, feelings, emotions?

What sees through these eyes, perceives clear vision?

Who dances the sacred dance and hears cosmic hymns?

After contemplating Who am I? over and over, there's now one-pointedness to sink back into inner silence through breathing.

Do this thoroughly, and questioner and questions won't ever arise again.

The extraordinary is the ordinary, and the ordinary is extraordinary.

Opposite words are merely thoughts.

Do not let thought divide your essence, which is the heavenly whole.

The cause of all apparent duality is rooted in the splitting of thought into a thought and a thinker.

Look for the thinker and you will discover that it does not exist.

Look for the thinker and the illusion of separation will disappear. The moment when the illusion of 'you' as a separate 'thinker' ceases to exist is the same moment when Awareness, the cosmic Self, awakens.

If we can simply be fully present, together, beyond thought, without words... we'll merge into the same openness.

When silent, there's only this silence.

As we become silent, we fall back into it.

When false identities collapse, merged into blissful beingness... it's self-evident: the universe emerges from within.

God is Isness. I am I-am-ness And nothing but ignorance sets them apart.

Look at a flower with full attention

Notice the silence, that carries the flower

The flower's call, to conscious presence

Blissful silence that carries me

The entire Cosmos is calling out to awaken herself; Do you see me, and how magnificent I am?! Are you Aware of me?

It doesn't beg for an answer, but She left open a possibility, the inner door of silence through which She can realize herself.

All of Nature calls for attentiveness,

the flower asks: are you aware of me?

... Yes! I am Aware, Awareness I am

... And all along it was Her, the blooming flower is me

The only reason you could have been given a name is because you didn't have a name in the first place.

Essentially, you were (and are) nameless.

You see, now you're stuck believing that you actually are this name, which has turned into an idea of who you supposedly are.

And in doing so, everything has become a distortion that overshadows your true essence.

This belief was forced on you by repeating it over and over again (called programming), by parents, cultural and social conformity.

It has led you astray by saying "I am" and then referring to your name.

For example, my given name was Sebastiaan. "I am Sebastiaan".

But it is the other way around: the name (Sebastiaan) refers back to 'I AM'!

I am (the nameless One), is what you essentially are. And your name only refers to this all-pervading state of 'I-am-ness'.

You are not a life-giving mother - the mother is I-am-ness: the Life itself.

You are not a creative artist, the artist is I-am-ness: the Way itself.

And You are not even a human, all sentient beings and inanimate sentient beingness, is I-am-ness: the Truth itself.

There is the real, the eternal now, and there is the cosmic play of the imagination.

When you become aware of the play, it dissolves.

When you become aware of the now, you will dissolve into it.

If you move through life based on a framework of thoughts and avoid looking at the basis in which these thoughts appear in the first place, then you are missing the point

We live a collective hallucination that seems so real that the existence of a 'personal self' seems irrefutable.

And through social pressure we keep each other in line, so that the source of Thought remains unexplored.

The blooming lotus of peace reveals itself as this moment of ever-present awareness, and its nectar flows through the tranquility of the blissful mind

Experiencing bliss is not yet the real realization of peace.

Peace precedes experience.

Peace is the realization of awareness, which is aware of experience. And only through realization will experience truly be nothing but bliss

When finally 'Ananda', the pure state of being is experienced. Then fear no more, and go beyond it altogether.

Realize the stateless state, its essence.

Seeing through the illusion of a personal free will gives way to the realization of THAT which is Absolute freedom.

If you eventually sit down and become silent, if there is no longer any interest in the flow of thoughts, you will soon begin to feel calmer, more spacious, and relaxed.

It is in that spaciousness, this presence, that sensations appear.

It might then be noticed that a thought simply arises, uninvited, without any thinker being involved. There is awareness, while thoughts appear just like any other sensation... like breathing, but there is no 'you' separate from this, involved as a doer, experiencer, or thinker.

All that really is, is the whole experiencing itself.

By simply giving up interest in thought, it becomes perfectly clear that 'you' are not the mind; all is of the mind, but I am That which is utterly beyond it.

Understand the illusion of free will and be absolutely free forever.

Before realization (the belief in the existence of this illusory, personal, separate self), all thoughts are delusional.

It is only when there is realization that there will be true freedom and free will, and any thoughts arising from then on will be consistent with the highest universal truth, an expression of supreme bliss, love and beauty.

It is here and now, in the midst of chaos, that you'll find the still point within.

When everything converges to this point, all-pervading peace will remain undisturbed forever.

For those who wait for the right circumstances, they will never be right.

Those who wait for a savior will never be saved, here and now.

And those who seek love outside themselves will never realize true, infinite love within.

No practice, no practitioner - only silent Awareness, ever-present, ever-lasting, ever-blissful meditativeness.

This meditativeness is your innermost dimension of all-pervading stillness, uninterrupted bliss.

Once here, there's no coming and going in and out of meditation. There's only meditativeness, the appearance of 'I am/consciousness'.

Ultimately, 'I am/consciousness' (bliss state) is an appearance in the stateless state - the Absolute.

Anything offering brief satisfaction is a poor substitute, avoiding the endless stream of bliss that's already here to begin with.

Blissful, Peaceful, Truthful - these core qualities are inherent to your natural state.

Don't chase happiness or these qualities; instead, attend to and reside in your true, natural state.

I-am-ness is like the most beautiful sunrise - nothing needs to be added.

Add anything, any distraction, and you'll miss its glory.

When the significance of 'I am' comes into focus, you'll willingly give up interest in the intellect.

And the one who gives up all knowledge will realize absolute knowingness.

Change won't bring peace, but recognizing peace as the essence of your being transforms you completely.

Stop trying to change or fix anything - it keeps you circling, delaying presence here and now.

Realized Awareness will transform and bring the changes sought.

Tension, twists, and turns will dissolve naturally.

The mask is the personality you've grown into - encouraged and imposed by society.

True maturation means facing this fact and growing out of it, rising as the sovereign individual.

I Am is pure Consciousness.

'I Am' is the transparent door from absolute Awareness to experiencing Consciousness.

Drop the mask - it's a facade. 'I Am' is the door, the light of the world.

Consciousness is not yours or mine; it is the universal experiencing of existence.

When 'I am' becomes ignorant of its omniscience, consciousness becomes degraded and encapsulated into a story of mere beliefs.

The root of all ignorance is the fragmentation of thought into an imaginary 'thinker' of thought, thereby forgetting the true self: the Awareness (of thought), which is omniscient.

When love arises, sink back into the source which is aware of this sensation.

No further, nor am I near - more intimate than intimate, no distance in me.

I am the beloved, stillness at heart.

There is thought, but is there a thinker of thought?

Or is the thinker just one of the thoughts?

Could it be that thoughts just appear, without a thinker to whom they appear?

I AM is the vibration that ripples through Awareness.

Although the mind by nature tends to get caught up in imaginary constructs, Consciousness is completely free from this.

Before identification with thought, Consciousness has no identity.

Prior to thought, Consciousness has no name or form. Consciousness knows no limits and therefore, time and space do not exist.

When you go beyond the emotional reflex, there is the mind.

The mind is only a thought, and beyond that is Consciousness.

Consciousness is simply the knowing of i-am-ness, and prior to this knowingness, the great eternal beyondness is realized.

Desire nothing but to know yourself.

Seek enlightenment with all your desire, until the mind is exhausted from failing you again and again... then seeking ends.

When Cosmic energy is experienced in silence, no longer drained by a restless mind, it overflows into unfathomable bliss.

When the natural bliss-state is realized, it eventually dissolves into the stateless state (no-mind).

Then beyondness, 'the divine', is realized.

Nobody meditates, meditativeness is just what remains when the idea of doership has been let go.

Who are you, before a thought comes into play?

And when the "you" is recognized as I-am-ness, what are you before you become aware of I-am-ness?

When consciousness, the message 'I am', disappears during dreamless deep sleep, what is it that notices the absence of 'I am'?

The 'I am' comes and goes, but what is this 'presence' that does not come or go, which was already there when the message 'I am' appeared?

Look at the beauty of the flower, and know, I am this reality.

Gaze into the darkness of the night sky, and know that the infinite void, surrounded by its jewel of light, will be within me, forever.

Realize the 'I am', and then go beyond it.

You are one, but the 'spiritual journey' towards oneness is a misleading and unreal endeavor.

Oneness is the real. It is the 'you' seeking it that does not exist.

The seeker, in fact, longs for its own absence.

There is no ‘person’ to be found; it is non-existent, and in its absence, is-ness is there, as it is.

It has nothing to do with 'you'. There are no temporary feel-goods here. This is about the timeless reality where there is no 'you' to be found.

More than death, one fears letting go of thinking and false self-identity.

Letting go, is the only ‘dying’ that will ever happen to you.

You the unborn have existed for eternity.

There is no mind separate from memory, and reality is only the present.

Here and now, the mind does not exist; it has become completely transparent.

There is no further appeal to memory, and so I do not exist, other than the supreme reality that I AM.

Peace will reveal itself, not as a new state or experience, but as the core of Being itself.

Awareness is the central pivot point of all experience, but Awareness itself is not localized anywhere.

There can be no experience of the Absolute, for the Absolute is that which is aware of all experience.

And yet, Awareness can become aware of being aware, as the oneness of being in which there is no experience of anything, but Awareness itself.

Awareness can become aware of being aware.

In a similar way, awareness through the filter of consciousness can become conscious of consciousness, however unlike awareness 'which knows no objects', consciousness is always aware of something ‘other’.

This otherness is an illusion, but for consciousness it is the only way to perceive.

It is the only way to perceive anything at all, for if consciousness would not fragment itself into separate objects, there would not be the belief in a subject either.

This is all the grand play of Awareness, tricking itself in the play of identifying with being a consciousness, a separate identity, and in doing so forgetting it is in fact only awareness, in love with its own imagination.

Knowing "something" takes effort, but knowing oneself is simply to remain effortless.

Make the effort to become aware of Awareness until being aware has become effortless.

True understanding means not knowing, by then the story of an apparent persona has collapsed, and the unknowable will know itself.

I am nothingness, which makes the appearance of a 'me'.
I am nothingness, I am everything that appears to be.

There is nobody to know, the limitlessness of 'That' which knows.

By being aware of being aware, the entire universe awakens.

To simply be the witness, the presence of Awareness, as life flows through the waves, an endless stream of galaxies... I remain motionless, the bliss supreme.

Both 'I and the other' belong to the imagination.
Dualistic notions only exist as a thought.

Love is not 'for' the lover, the lover itself 'is' Love.

And all that seems to separate the lover from the beloved is but the grand play of the Ultimate

This is the game of the Absolute, imposing imaginary limitations on 'That' which is essentially boundless and free..

This game of hide and seek arises from the divine, , infinite and eternal message 'I Am', , which is then mistakenly identified as the body and thus appears to be separate from what is then called 'the other'

the point where the two lovers 'meet', is the same point from which the 'i' thought has emerged. a

As long as one imagines himself to be the lover who loves something 'other', this love will only be partial. but

as soon as Love (the absolute) is recognized as the source of Being, it is whole forever

the imaginary 'I', To love and to want to be loved is a mechanism of the ultimate and it is the most glorious clue that can lead to the further inquiry into the nature of the Self

and thus ultimately realize eternal love., , which is Truth, Consciousness and absolute Bliss.

You will never become conscious of Awareness, as it is Awareness that is Aware of consciousness.

Either seek the ‘I’ or have no interest in thoughts. Both ways lead to realization, transcending the Self, the understanding of the false and the resurrection of Truth.

Leaving its Center, the wandering Spirit has become a veil.

At last, the wandering Spirit returns, and the stilled mind becomes but a translucent membrane.

Spirit is now turned inward, recognizing its Center, , and in this recognition, the realized Spirit has become identical with its Source.

Every experience arises from its Source
every experience leads back to its Source
let the experience of 'I' sink back into its Source.

True happiness cannot be derived from any experience.

Because true happiness is there to begin with.

True happiness is temporarily obscured by the search for pleasure.

As soon as the longing for the desired pleasure is met, at that moment the search for a brief moment has come to an end.

Then true happiness which was already there to begin with is experienced, only to be obscured again by the search for temporary pleasure.

True happiness is overlooked, and because of this it is then sought in external agency.

Recognize that Happiness is within, it is what you truly are, so go there directly.

Go to the Source of experience and reside in your true and natural state.

Let go of yourself & the universe surrenders.

The man who is nobody is the Absolute and free.

The One without name makes Himself known through and shines as the message, 'I Am'.

Who is the 'You' that knows the 'I'? Investigate the 'I' thought, and it will lead to its source.

Allow thought to sink back into its Source and find out who is the real 'You'.

'I Am' is the message and whoever receives this message is the eternal One.

All parts are in Me, and yet nothing is separate in me.

The movement of a thought lasts but a moment, but the moment of inner silence lasts for eternity.

Leave the World behind, reach beyond the Heavens. For they have sprung from Within.

Meditation brings you back to the threshold which is 'I Am'. stay with it..
I Am the door , , abide there , , it is open.

Beingness is what is always there & 'I Am' periodically comes and goes.. When 'I Am', , Beingness is. When 'I Am not', , Beingness is.

When you close your eyes, I will be just behind the darkness you perceive

When you open your eyes, I will be just behind the light you perceive.

Who am 'I', when I don't think myself into existence?

All that once was cannot remain, if it is surrendered to the Now. For it is 'Now' that the 'I' dissolves into Eternity.

If we Let Go of our thoughts we will see that they are no more than an accumulation with 'I Am' as its foundation.

And when we again become acquainted with this first principle, it will finally reveal itself as an apparition in Awareness.

I Am infinite Awareness and wherever the message 'I Am' appears, it will be within Me.

Look for the 'I'. Watch it evaporate, like mist at the Glory of Sunrise.

Instead of freedom 'for' the 'I', find out if there is a way to be free from the 'I'. Perhaps a more truthful 'Self' can be found in selflessness.

'I Am' the dream that can wake you Up

Sēbāsānanda